

Assessment of Killarney Neighbourhood Community Kitchens

University of British Columbia

LFS350 Group 17

Executive Summary

According to Vancouver's Greenest City 2020 Action Plan the local food goal is to increase the food security of its neighbourhoods 50% by 2020 (City of Vancouver, 2015). Community kitchens, where groups of people come together to cook and share meals together, are one of the options to increase the food access and security. The neighbourhood of Killarney was assessed for how many community kitchens it had and what the impact they

had on the food access of its residents. The two main objectives of this study were to identify the condition and current usage of the community kitchens, and the types of programs provided through these kitchens. Killarney churches and potential candidate locations were contacted and a standard survey for data collection from the City of Vancouver was used for analysis. The survey given to each community kitchen will give insight of our objectives along with an inquiry question of “What infrastructure and programming do these community kitchens have?” Two kitchens were interviewed during this process. Both kitchens surveyed were located in churches, one was industrial and the other was a domestic style kitchen. These churches had separate views for development of the kitchens. Grace Church would like to expand their kitchen but are met by barriers of food safety and city regulations, while Killarney Park Church needs more members and staff for the facility usage to increase productivity. Both churches were limited by funding to accomplish their goals. Recommendations for the community kitchens were to build stronger networks with the residents to improve the usage of kitchens, create a source of funding for expansion, and enable a greater food accessibility for Killarney residents which use these community kitchens as part of their food system. As a group we learned that the synergy of academic and community based partners allows for an exchange of research and experience, which together has a greater impact on meeting the Greenest City 2020 Action Plan goal.

Introduction

In 2012 the city of Vancouver, British Columbia created a plan to become the “Greenest City” by 2020 (City of Vancouver, 2012). This plan includes goals to increase the infrastructure for local food access. According to the Greenest City 2020 Action Plan (GCAP), the local food goal is to increase city and neighbourhood food assets a minimum of 50% by the year of 2020 (City of Vancouver, 2015). This project utilized an Asset-Based Community Development (ABCD) approach for this project which identifies the strengths

and the assets of community kitchens in Killarney to support their community to improve food knowledge and security (Holmer R, and Mercado, A., 2007). The ABCD approach enhances and builds connections by focusing on the community's capabilities, strengths, and assets. Community kitchens are considered food assets where cooking programs are held to increase nutritional knowledge and enhance food security through access to a greater variety of foods, improving budgeting, and cooking skills (Iacovou *et. al*, 2013; Crawford and Kalina, 1997). However due to a lack of reported information, it is uncertain of the quantity or location of community kitchens in Killarney or how many people rely from these community kitchens as a source of food security for their households. The community kitchens found were located in Grace Community Baptist Church and Killarney Park Church (Figure 2).

Killarney borders are from north East 41st Avenue and Kingsway to the Fraser River, and from east Boundary Rd to Elliot Street/Vivian Drive (Figure 1). Killarney also includes the small neighbourhood of Champlain Heights (Vancouver Courier, 2016). Killarney's population is 28,455 with an immigrant population of 57.2% and reports an average annual household income of \$64,189 (Vancouver Courier, 2016). With this average income, Killarney has the second highest median household income among the South Vancouver neighbourhoods. In most reported cases, community kitchens are strong assets for low-income families (Iacovou *et. al*, 2013). Community kitchens in Killarney might not have such a strong impact on their food security due to the financial standing of many of the neighbourhood residents.

Our systems diagram in Figure 3 illustrates the basic components of a community kitchen starting with the inner section including its community members, staff and volunteers, food programs and kitchen equipment. The interaction within the different

components of this diagram demonstrates the complexity of the community kitchen’s interaction within the food systems.

Building on what is known about community kitchens, this project will allow our group to discover and gather new information regarding the community kitchens in Killarney. In addition, this project is limited by our small sample size of data due to restricted time frame. Since this project is a new research area, there was no available data to compare results to. The two main objectives of this study are to explore the condition and usage community kitchens in Killarney, and to distinguish the types of programs provided through these kitchens. A standardized survey was given to each community kitchen to provide us and gather new information to address our inquiry question of “what infrastructure and programming do these community kitchens have?” based upon the objectives of this study.

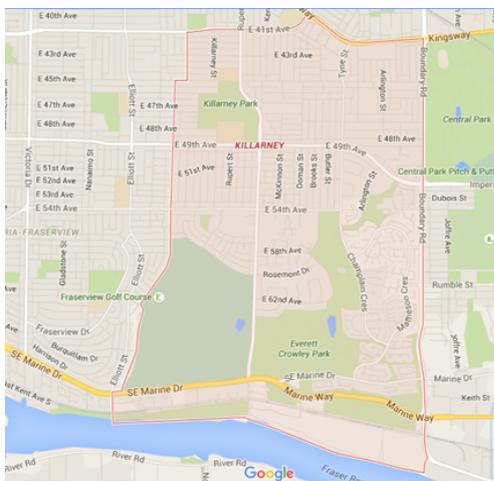


Figure 1. Killarney, Vancouver

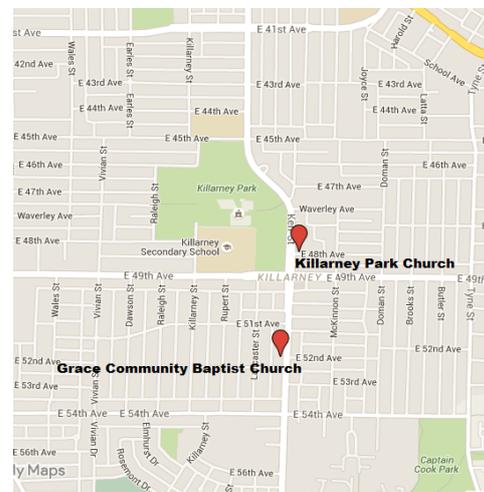


Figure 2. The location of the community kitchens our group assessed

Systems Diagram:



Figure 3. Food Systems Diagram of community kitchen in Killarney

Methods

Recruitment Approach

_____ A list of possible partners found through Google was contacted either through phone or email with a script/letter of intent that was drafted out by our team (Appendix B). Due to low response and unwillingness to participate, a second approach was initiated. Members of our team drove to the Killarney neighborhood and knocked on doors of potential candidates. For each candidate we would briefly explain our study and discuss their interest to participate. After confirmation, we would ask the participant to sign a consent form and conduct the survey.

Ethical Considerations

_____ Several ethical principles outlined in Mathie and Cunningham (2003) and Community- based Participatory Research; A Guide to Ethical Principles and Practice (2012)

were used to conduct this study. Before the survey is conducted, community partners were clearly debriefed on the procedures. A consent form was signed prior to conducting the survey, and participants were allowed the right to refuse to answer certain questions during the interview. Participants were informed they could withdraw consent at any time. All information is kept confidential and names of the employees were not used in the analysis.

Data Collection

The City of Vancouver provided a standard survey for data collection from the community partners (Appendix C). Slight modifications were made when community kitchens were interviewed. Three members visited each community kitchen with the prepared survey. One member conducted the interview while the others recorded notes and took pictures of the surroundings. Once the data from the two kitchens was collected, members of the team input the results into the online survey.

Results

Both kitchens surveyed were of religious organizations. Table 1 shows the facilities that are present in each location. In terms of facilities and space, Killarney Park Church is more abundant. This can also be seen from Figure 4 which shows that Killarney Park Church has an industrial kitchen while Grace Church has a domestic kitchen. However, even with more advanced facilities, the usage in Killarney Park Church is not as frequent as Grace Church as seen in Table 2. Grace Church serves food to more members and provides rental to Girls Scout while Killarney Park Church only serves coffee and tea. The churches also have different views on future development. Killarney Park Church believes that more usage of the kitchen cannot be accomplished without more members and additional staff. Grace Church claims that they have enough members but the space they have is not large enough to accommodate more events. Both churches believe food and city regulations may be a barrier in expanding programs. These regulations also limit the kitchens from preparing full meals

with the stove as food safety and food practices may result in hazardous incidents.

Table 1. Facilities in the community Baptist Church and Killarney Park Church

| Community Kitchen | Grace Community Baptist Church | Killarney Park Church |
|-------------------|--------------------------------|---------------------------------|
| Sink | 2 Basin | More than 3 Basin |
| Stove | 1 Domestic Stove (4 burners) | 1 Industrial Stove (10 burners) |
| Dishwasher | Domestic | Industrial |
| Equipment | Available: pots ,pans, cutlery | Available: pots, pans, cutlery. |



Figure 4. Grace Community Baptist Church (Left) and Killarney Park Church (Right) kitchen facilities.

Table 2. Usage and programs for Grace Community Baptist Church and Killarney Park Church.

| | Grace Community Baptist Church | Killarney Park Church |
|-------|---|--|
| Usage | -Used to serve refreshments including lunch after services -Mainly microwave and fridge are used (4 services per week) | -Used to microwave and store lunch of employees. -Used to serve coffee and tea during service (2 services per week) |

| | | |
|------------------------|---------------------------------------|--|
| Cleaning Hours | 2 hours for each service | Minimal. Only when used and necessary |
| Rental | Girls Scouts use kitchen twice a week | Provides rental to weddings. But weddings usually hire catering company. |
| Programs | N/A | Preschool (light baking once a month) |
| Availability to Public | Limited but available for public use | Not available for public use |

Discussion

Based on the data of two community kitchens, it indicates that the current usage of kitchens is restricted and the programs are offered are limited. However, when these kitchen facilities can be used often and to their full potential, it can increase the opportunities for residents to get access of food.

Among the small sample of kitchens that were observed in this project, it showed our group the disconnect between religious venues and the community at large. The more-than adequate infrastructure that was observed at the church kitchen facilities relates back to the Asset-based Community Development approach which states that “people in communities can organize to drive the development process themselves by identifying and mobilizing existing assets” (Mathie & Cunningham, 2003). The issue with the ABCD approach is that the assets these kitchens have often go unrecognized. The church orientated kitchens had the necessary infrastructure to house more than ten people to prepare food together but were demoted to being places where people simply warm up their food. It should be noted that these assets may be recognized but the lack of staff support may create a barrier for community based food initiatives to occur. Using the ABCD approach, community kitchens

can build off of what assets they already have which allows a sense of community to be built, while enhancing the prospects for sustainable livelihoods (Mathie & Cunningham, 2003).

Although the results show that there is several community kitchens in Killarney that are available, the accessibility of them are limited. For both of the community kitchens that were surveyed in Killarney, they require membership to attend gatherings. In addition, due to limited staffing and resources, foods that require intensive preparation are not served. From the survey results and group discussions, we reached a consensus that more funding was required to maintain the use of facilities which lead to more accessibility for the community.

Based on the results, it illustrates that the two kitchens we visited were barely used for community purposes. The usage of Killarney Park Church was only limited to the preschoolers while there was absolutely no programs held at Grace Community Baptist Church. Due to the relatively small sample size, our group cannot conclude or identify the impacts of these kitchens to food security in Killarney neighborhood. As being part of the Vancouver Food Strategy, community kitchens are identified a food assets to gather and empower the community members together by reducing social isolation and preparing meals together (Iacovou et al. 2013). Food initiatives such as community kitchens are also considered be one of the first steps towards building community food security (Scharf, K. et al, 2010).

There are several limitations to our research including a small sample size and only surveying one neighbourhood which cannot be used to generalize the operation of CK's across Vancouver. Furthermore, the survey cannot address how each CK needs to change for its individual needs. To modify our design, we would need to broaden the survey to all neighbourhoods and multiple CK's in each area.

Conclusion

This CBEL project identified the limited access to community kitchens in the Killarney area. The kitchens we surveyed were part of religious organizations that did not allow for public use of their facilities. Our project has shown that the kitchens we surveyed had adequate infrastructure to run cooking programs, but the lack of volunteers and the unwillingness of the facilities (churches) to open their kitchens to the public stopped community-based initiatives from happening. Both kitchens we approached claimed to use their kitchen facilities solely to warm food up and serve coffee for the patrons coming to church.

This information has added to what is known about community kitchens in the Killarney area. It showcased the minimal participation in community based food programs other than church events and allowed our group to investigate the conditions of kitchens that are more than capable of housing these initiatives.

There are multiple unanswered questions including how many kitchens in the Killarney are not being used to their full potential? Would people use them, and if so, how many? Lastly, what would the impact of community kitchens be if they were more readily available?

There are a couple of suggestions that could indirectly affect food security in the Killarney region of Vancouver, BC. According to the responses from supervisors, they have little interest in increasing the usage of kitchens, offering programs and renting places for other uses. Funding is an obstacle that prevents kitchens from functioning to their full potential. Without enough funding, there is a limitation on the scale of kitchens and activities that can be offered. Advocacy is another tool that could be used to push for more support from the government in terms of subsidies for community based food initiatives to flourish. Besides, building network between community kitchens and increasing communication with residents improve the usage of kitchens and food accessibility. It encourages exchange of

information and ideas from different perspectives. In addition, it can improve the function of kitchens by recruiting experienced volunteers and by providing training opportunities.

Appendix A- Critical Reflections

STUDENT 1

The LFS 350 CBEL project provided a chance for me to experience a real project and work with the community. Having to work in the same group for the entire term brought new insight on teamwork for me. It allowed me to realize that there will always be differences between people but together we can still pull through the up and downs. Receiving an unwanted project will probably happen often when I do get a real job, so this project definitely helped me cope with disappointment and look at the bright side.

One of the positive things was the flexible learning sessions that enabled our group to focus on the project and actually go out into the community for the interviews. However, since we weren't able to contact kitchens through phone or email and there were also other assignments due, we didn't go into the community until the last flexible learning session. It would have been great if we knew it was better to go out into the community at the start so we had more time to interview more kitchens and thus have data that is well rounded for our report. Overall, the criteria for the project, papers and blogs were clear. The blog especially gave a more professional look to our project and hopefully is something I will be able to present to my future employer.

STUDENT 2

Through the focus of LFS 350 on community-based experiential learning (CBEL), it allowed me to apply the lessons we learn from class to a real world setting. Somehow, I was able to interact with the community while learning more about the concept of community kitchens. It was an enjoyable, interesting, and rewarding experience as I explore more about this topic through literature reviews and by physically visiting the sites. Furthermore, I was able to witness and utilize the asset-based community development (ABCD) approach through this project. The greatest challenge for me would be finding and contacting a community partner in Killarney. It came to a point where our group was a bit discouraged and distressed due to a lack or less response from some potential community partners, however, we supported each other as a team.

Also, I was able to further develop my observational, analytical skills and communication skills through this project and I learned a lot by working in a group such as accepting criticism and respecting other member's opinion. Since our group members consist of different programs of LFS, we are able to divide the work more effectively as we combine our skills and strengths. The flexible learning sessions were very valuable to make sure our group stayed on track and helpful to ensure we complete our daily objectives. Overall, I hope to utilize all the lessons and skills I gained from this course to my future career and to help build a more sustainable community.

STUDENT 3

Unlike other conventional courses in UBC, LFS 350 is a unique course that includes lectures and flexible learning sessions for community engagement. Through this community based experiential learning (CBEL) project, I have the opportunity to actually discover community kitchens and food security by myself. The process of designing a proposal, visiting community kitchens and doing surveys developed my research and communication skills. I learnt what are community kitchens and how they are function to enhance food

security from my visit during flexible learning session. With the combination of theoretical and practical knowledge, I had a better understanding about this project. Group work is overriding for a project, and collaborating with others allow us finish our work efficiently. The most significant challenge of the project is to identify and contact community kitchens. What I learnt from this experience is that visiting the place in person is much more useful than calling or sending emails in order to get information of community kitchens. We have been waiting for a month for responses from calls and emails. However, it only took us few hours to know what we need when we stopped by churches. Overall, the experience of participating CBEL project is valuable to my learning of food security and of local food system. I hope the knowledge I learnt from LFS350 can contribute to further career.

STUDENT 4

_____ This LFS 350 core course has proven to be an instrumental part of my learning in the Land & Food Systems faculty. The different approach to learning this course followed allowed me to expand the way I perceive certain issues, which pertain to real life group work outside of a university setting. The first hurdle my group had with the CBEL project was the project itself, having been denied other projects and having to settle for the Killarney community kitchens provided an instant dissatisfaction. As time past our group realized the importance of each project and changed our attitude towards it. I think this is valuable because it prepares me for my future work in Global Health and all the difficulties that arise with such a vast topic.

The community based experiential learning project showed me that persistency is necessary for results. Our group struggled at the beginning of the semester with finding community kitchens in the Killarney area. This was addressed by experimenting with different approaches to get in contact with these kitchens, including phone calls and in-person consultations. After surveying the Killarney area, we were successful in reaching out to a

couple of kitchens. Overall, this course showed me that group work is tough, but very valuable. The communication between group members is an asset that should be built upon with every group and I hope to use what I have learned with group 17 with my current and future jobs.

STUDENT 5

This project allowed for many times to reflect back on the community-based experiential learning concept and what it could have been. Both lectures and tutorials brought up many interesting points about how a CBEL project should be approached and that the fusion of the academic and community perspective is key to making progress on the current food system we use. Unfortunately these points were not able to be integrated into the project in a meaningful manner. Due to a lack of a community partner and a project that seemed poorly designed without valid background, we were unable to bring classroom learning into the community. It was challenging to gain a meaningful experience from spending a few weeks searching online and throughout the community to find the so-called “community kitchens” which not publicly listed or connected with Vancouver Fresh Kitchens or South Vancouver Neighbourhood Food Security Network organizations.

Tutorial meetings did not re-enforce learning or challenge us to think about these concepts in an applied manner but the group work allowed for an opportunity for cross - discipline collaboration which is great in concept. I believe there was more to be gained from this project if it was well thought-out prior to assigning to a group. I am disappointed in the overall outcome of the project because the idea of the community and academic worlds working together is something which I am passionate about.

Appendix B – Contact Letter

Hello _____,

I am looking to connect with Community Kitchens in the Killarney Neighbourhood as part of a project on accessing food security in relationship to the Vancouver Greenest City 2020 Action Plan. I would like to meet with community kitchen members to discuss experiences, success and impact of the communit kitchen in the neighbourhood.

Cheers,

Appendix C - LFS350 Community Kitchen Asset Inventory

I. Overview

- Name of facility:
- Neighbourhood:
- Location (address):
- Who conducted the interview?
- Who was interviewed at the site/ agency?
- Who conducted the observations?
- Facility type: -religious/spiritual organization
 - cultural centre
 - non-profit agency
 - other _____

Please upload a picture of your location/facility

II. Observations

Facilities

- Is there any additional learning space adjacent to the kitchen? (YES/NO)
- Is there a play area for children adjacent to the kitchen? (YES/NO)
- Is there a childcare facility onsite? (YES/NO)

Is there an eating area with tables and chairs that is part of or attached to the kitchen?

YES, about how many people can eat together? _____

NO

How many people can the counter space accommodate to do food cutting and preparation?

1-4 5-10 11-15 >15 Comments: _____

Accessibility

- Is the kitchen wheelchair accessible? (YES/NO)
- Is it wheelchair friendly? (i.e. low counters, wide aisles for wheelchairs) (YES/NO)
- Is there accessible parking? (YES/NO)

III. Interview questions for a Site / Agency staff person:

"Hi, our names are _____. As a reminder, we are UBC students working on a Food Systems class project and are interested in learning more about community kitchens in Vancouver. Our questionnaire includes questions about how kitchens are used, how they are

managed, and the condition of the equipment. We also have some questions about whether there is interest to use the kitchen even more for community programming, and if so, what equipment or support would help make that happen. It shouldn't take longer than 20 minutes for us to go through the questions. May we begin?"

A picture of the kitchen, when possible. * Avoid taking pictures of anyone's face.

Equipment list

Sink – select all that are present: -single basin hand-washing
 -2 basin
 -3 basin
 -Total number of sinks _____
 -Others _____

Dishwasher: -domestic
 -industrial
 -none

Equipment:

-Are there pots / pans available for public use? (YES/NO)
 -Are there cooking utensils (spatulas, knives, wooden spoons, can openers, etc) available for public use? (YES/NO)
 -Are there plates / bowls/ cutlery for public use? (YES/NO)
 -Are there adequate fuses for the kitchen? (i.e. the fuses don't typically blow) (YES/NO)

What type of improvements, if any, would you like to make to the kitchen?

Usage

Is the kitchen more domestic type or commercial? (Commercial would typically have an industrial dishwasher, a 2 or 3-bin sink, possibly stainless steel counters.)

-Domestic
 -Commercial

For what purposes is the kitchen used? (Select all that apply)

-For teaching classes and cooking skills
 -For groups to cook together such as 'community kitchens'
 -For preparing food for groups that meet on-site, for large functions/events
 -For businesses or for-profit enterprises, social entrepreneurial enterprises
 -Other, please specify... _____

If you have any food service or serve any meals / snacks to clients / participants, how many

meals are served each week?

1-10 11-30 31-50 50-100 >100 N/A

Who use the kitchen? (Select all that apply)

- Staff or paid employee(s) or member(s)
- Community members along with staff / volunteers from the site / agency– e.g. on-site programming like classes and facilitated cooking groups
- Community members with staff / volunteers who are not from the site/ agency – eg. community kitchen facilitated by a food bank or Canadian Diabetes Association staff/volunteer
- Community members without staff presence – eg. community kitchen that isn't facilitated by the host site;
- Neither – i.e. the kitchen is not available for any programming for the public

If you have onsite community kitchen programming or cooking classes, how many different groups use the kitchen each week?

1 2-5 >5

How many hours a week is the kitchen used?

1-4 5-10 10-20 20-30 >30

Comments: _____

How many hours per week does it take to manage the kitchen?

1 hour or less 1-4 5-10 >10

Regulations / restrictions

If the kitchen is available to the public, what regulations are in place? (Select all that apply)

- Insurance
- Damage deposit
- Restrictions on sales
- Timing of when the kitchen can be used
- Cleaning requirements
- Food safe certificate

-None

-N/A

-Other, please specify...

Comments:

Additional questions

Are you interested in having your kitchen used more for community programming (e.g. cooking classes, cooking groups, bulk buying clubs)?

Yes Maybe No Examples: _____

Are you interested in having your kitchen used by community members trying to start a food-based business with a social mandate?

Yes Maybe No Comments: _____

Are you interested in offering / renting space to non-profits or local farmers to store food? *
Either based on your current capacity or if equipment such as fridges / freezers were provided for you.

Yes Maybe No Comments: _____

What would allow you to have your kitchen used more?

In your opinion, what is the most important piece of equipment, infrastructure, or policy that enables your kitchen to be used as much as it is currently used? (i.e. what could you not live without?)

In a sentence or two, how would you describe the value of your kitchen space to your organization or community?

IV. Reflection questions as a group afterwards:

Comments about presence / ability to access of any of the equipment?

Comments about the quality of any of the equipment?

How would you categorize the kitchen in terms of equipment?

- Appropriate for commercial use (E.g. well-functioning equipment, counters that can be cleaned, 2 or 3-bin sink)
- Appropriate for commercial use with modifications (E.g. requires new equipment to make it functional)
- Appropriate for community use (E.g. well-functioning equipment and it can fit ~6 or more people into the space comfortably)
- Appropriate for community use with modifications (E.g. requires new equipment to make it functional)
- Appropriate for domestic cooking (E.g. Similar to a home kitchen with well functioning equipment, it would be ok for 2-3 people to cook at a time)
- Appropriate for domestic use with modifications (E.g. requires new equipment to make it functional)

Is the kitchen primarily used?

- Internally (staff / agency-led initiatives)
- Externally (external partner led initiatives)
- N/A (Not used)

After visiting and surveying all of the kitchens in your assigned neighbourhood(s), reflect on usage, barriers and facilitators. Based on the conversations you have had, discuss the contribution that kitchens can make to a community and propose recommendations to better support kitchen use in your assigned Vancouver neighbourhood(s).

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